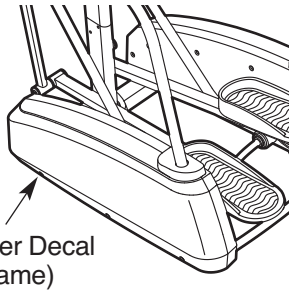
PRO-FORM®
CROSSWALK 8.0

www.proform.com

Model No. PFCW50707.0
Serial No. _____

Write the serial number in the space above for reference.



Serial Number Decal
(under frame)

QUESTIONS?

If you have questions, or if parts are damaged or missing, **DO NOT CONTACT THE STORE; please contact Customer Care.**

IMPORTANT: Please register this product (see the limited warranty on the back cover of this manual) before contacting Customer Care.

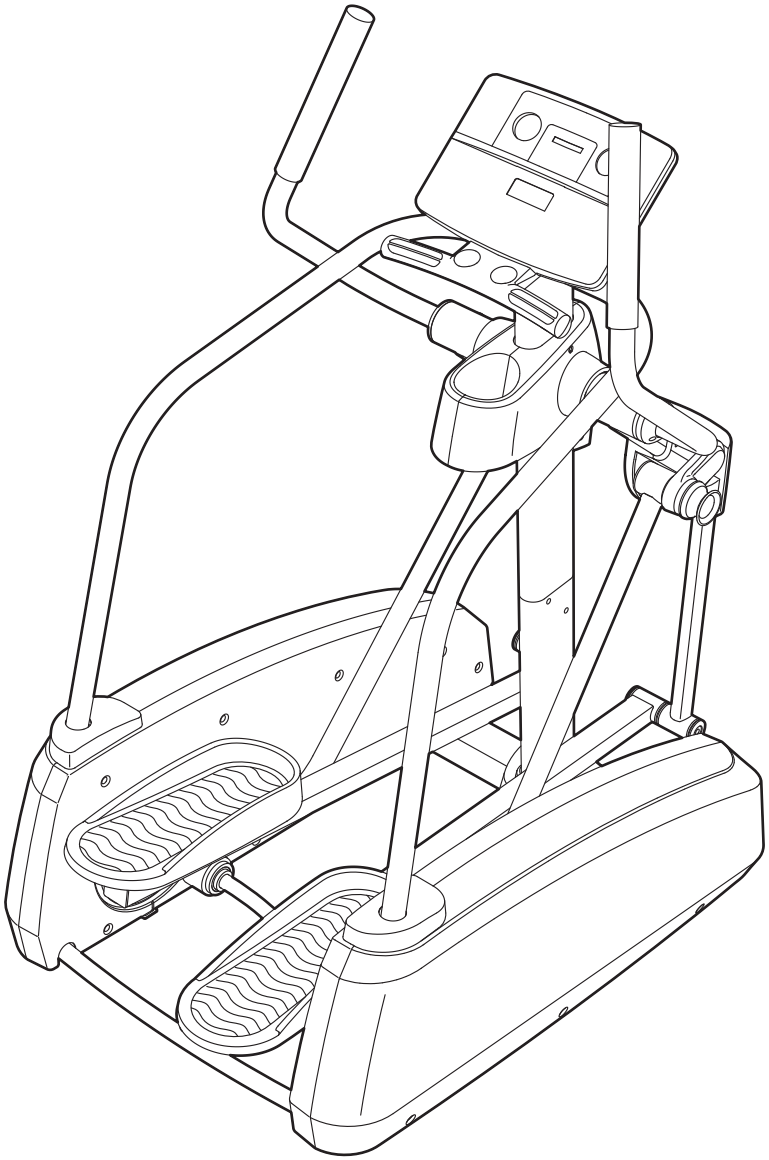
CALL TOLL-FREE:
1-888-533-1333
Mon.–Fri., 6 a.m.–6 p.m. MT
Sat. 8 a.m.–4 p.m. MT

ON THE WEB:
www.proformservice.com

⚠ CAUTION

Read all precautions and instructions in this manual before using this equipment. Keep this manual for future reference.

USER'S MANUAL



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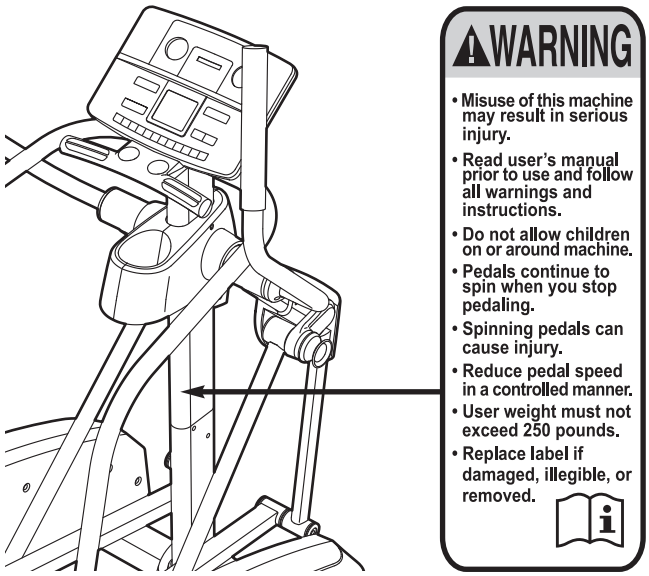
WARNING DECAL PLACEMENT

This drawing shows the location(s) of the warning decal(s). **If a decal is missing or illegible, see the front cover of this manual and request a free replacement decal. Apply the decal in the location shown.** Note: The decal(s) may not be shown at actual size.


WARNING
• Misuse of this machine may result in serious injury.
• Read user's manual prior to use and follow all warnings and instructions.
• Do not allow children on or around machine.
• Pedals continue to spin when you stop pedaling.
• Spinning pedals can cause injury.
• Reduce pedal speed in a controlled manner.
• User weight must not exceed 250 pounds.
• Replace label if damaged, illegible, or removed.

PROFORM is a registered trademark of ICON IP, Inc.
iPod is a trademark of Apple Computer, Inc., registered in the U.S. and other countries. iPod® is not included.

IMPORTANT PRECAUTIONS

⚠WARNING: To reduce the risk of serious injury, read all important precautions and instructions in this manual and all warnings on your elliptical before using your elliptical. ICON assumes no responsibility for personal injury or property damage sustained by or through the use of this product.

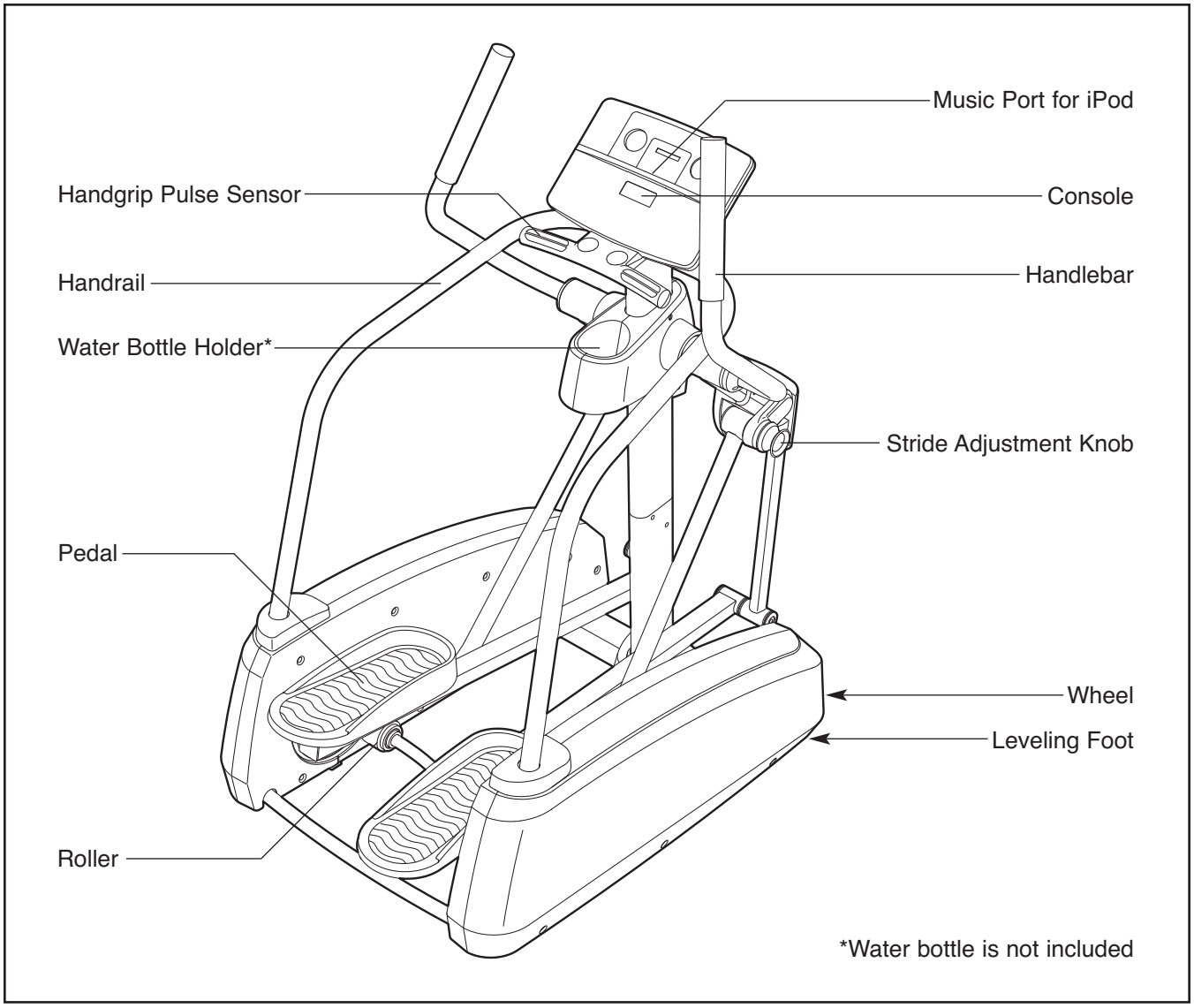
1. **Before beginning any exercise program, consult your physician. This is especially important for persons over age 35 or persons with pre-existing health problems.**
2. **Use the elliptical only as described in this manual.**
3. **It is the responsibility of the owner to ensure that all users of the elliptical are adequately informed of all precautions.**
4. **The elliptical is intended for home use only. Do not use the elliptical in a commercial, rental, or institutional setting.**
5. **Keep the elliptical indoors, away from moisture and dust. Place the elliptical on a level surface, with a mat beneath it to protect the floor or carpet. Make sure that there is at least 3 ft. (0.9 m) of clearance in the front and rear of the elliptical and 2 ft. (0.6 m) on each side.**
6. **Inspect and properly tighten all parts regularly. Replace any worn parts immediately.**
7. **Keep children under age 12 and pets away from the elliptical at all times.**
8. **The elliptical should not be used by persons weighing more than 250 lbs. (113 kg).**
9. **Wear appropriate clothes while exercising; do not wear loose clothes that could become caught on the elliptical. Always wear athletic shoes for foot protection while exercising.**
10. **Hold the handgrip pulse sensor or the handlebars when mounting, dismounting, or using the elliptical.**
11. **The pulse sensor is not a medical device. Various factors may affect the accuracy of heart rate readings. The pulse sensor is intended only as an exercise aid in determining heart rate trends in general.**
12. **The elliptical does not have a freewheel; the pedals will continue to move until the flywheel stops. Reduce your pedaling speed in a controlled way.**
13. **Keep your back straight while using the elliptical; do not arch your back.**
14. **Over exercising may result in serious injury or death. If you feel faint or if you experience pain while exercising, stop immediately and cool down.**

BEFORE YOU BEGIN

Thank you for selecting the new PROFORM® CROSSWALK 8.0 elliptical. The CROSSWALK 8.0 elliptical provides a wide array of features designed to make your workouts at home more effective and enjoyable.

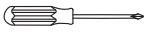
For your benefit, read this manual carefully before you use the elliptical. If you have questions after reading this manual, please see the front cover of this manual. To help us assist you, note the product model number and serial number before contacting us. The model number and the location of the serial number decal are shown on the front cover of this manual.

Before reading further, please familiarize yourself with the parts that are labeled in the drawing below.

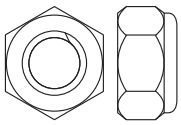


ASSEMBLY

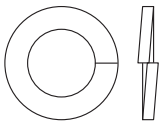
To hire an authorized service technician to assemble the elliptical, call 1-800-445-2480.

Assembly requires two persons. Place all parts of the elliptical in a cleared area and remove the packing materials. Do not dispose of the packing materials until assembly is completed. **In addition to the included hex keys, assembly requires a Phillips screwdriver**  **, an adjustable wrench** **, and a rubber mallet** **.**

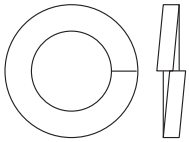
As you assemble the elliptical, use the drawings below to identify small parts. The number in parentheses below each drawing is the key number of the part, from the PART LIST near the end of this manual. The number following the parentheses is the quantity needed for assembly. **Note: If a part is not in the hardware kit, check to see if it has been preassembled.**



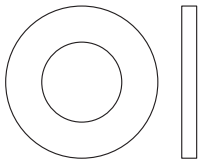
M8 Locknut (63)–4



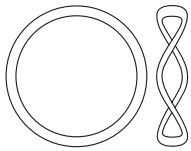
M8 Split Washer (80)–8



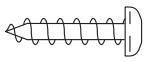
M10 Split Washer (79)–10



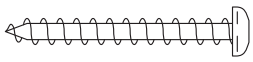
M10 Washer (64)–4



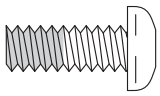
23mm x 19mm Wave Washer (76)–4



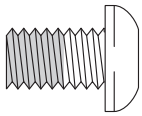
M4 x 16mm Screw (67)–12



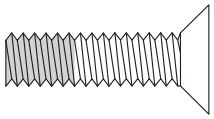
M4 x 30mm Screw (74)–4



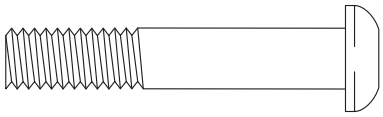
M6 x 13mm Patch Screw (78)–8



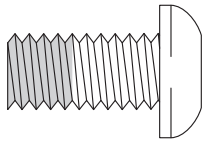
M8 x 13mm Patch Screw (62)–8



M8 x 25mm Flat Patch Screw (68)–6



M8 x 45mm Button Bolt (70)–4

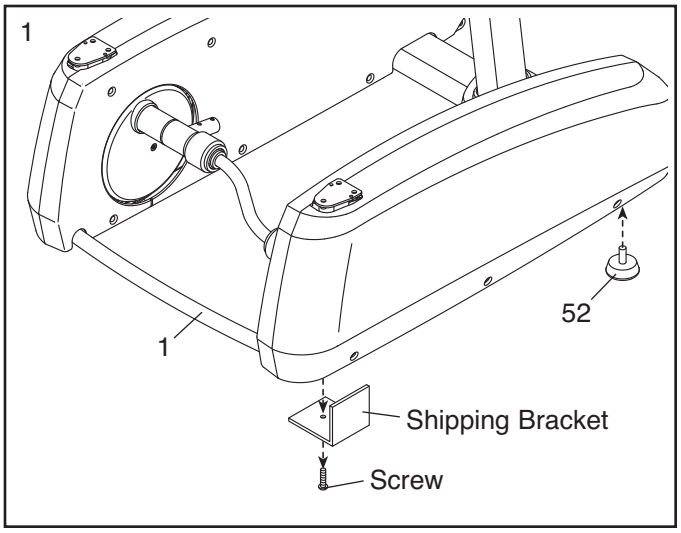


M10 x 19mm Patch Screw (61)–14

1. **To make assembly easier, read the information on page 5 before you begin.**

Remove the four screws and the four shipping brackets attached to the Frame (1). Discard the screws and the shipping brackets.

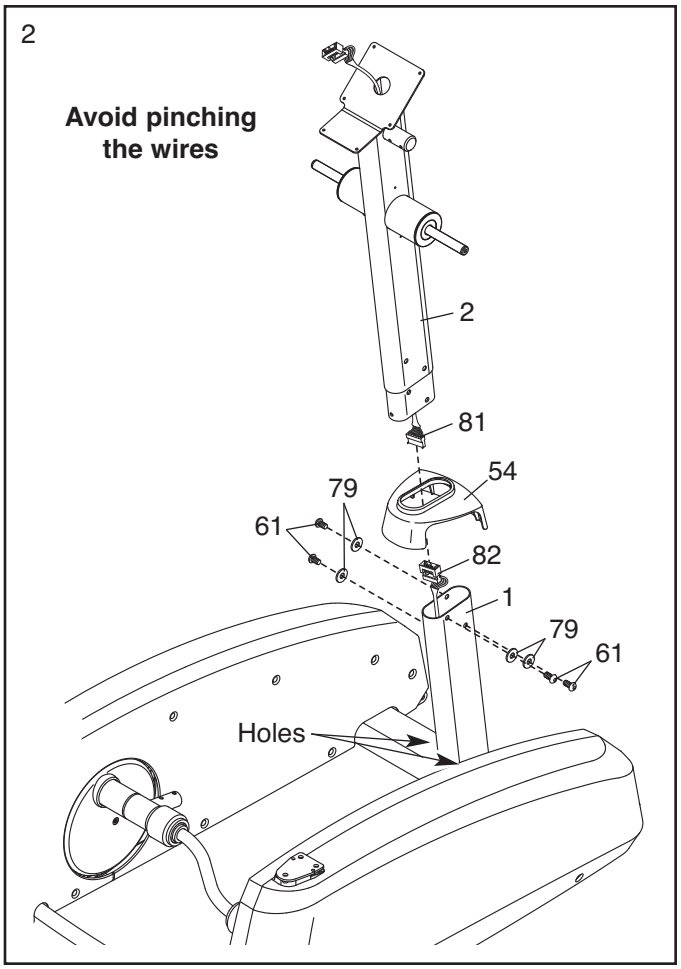
Then, tighten four Leveling Feet (52) into the underside of the Frame (1).



2. Identify the Frame Cover (54) and orient it as shown. Press the Frame Cover posts into the holes in the Frame (1).

Identify the Upright (2) and orient it as shown. While a second person holds the Upright near the Frame (1), connect the Upper Wire Harness (81) to the Lower Wire Harness (82).

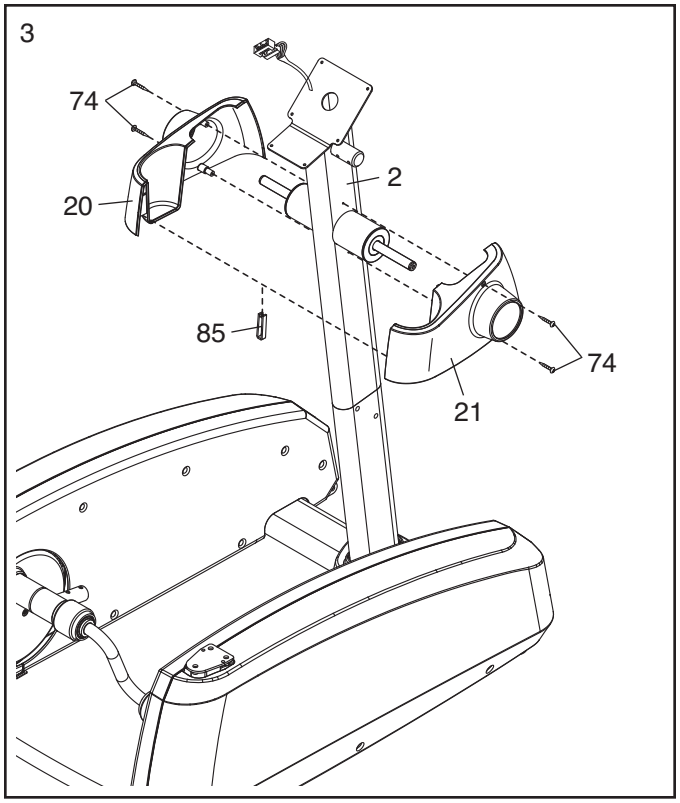
Tip: Avoiding pinching the Wire Harnesses (81, 82). Insert the Upright (2) into the Frame (1). Attach the Upright with four M10 x 19mm Patch Screws (61) and four M10 Split Washers (79). **Do not tighten the Patch Screws yet.**



3. Identify the Left and Right Upright Covers (20, 21), which are marked with “L” and “R” stickers, and orient them as shown.

   Attach the Left and Right Upright Covers (20, 21) around the Upright (2) with four M4 x 30mm Screws (74).

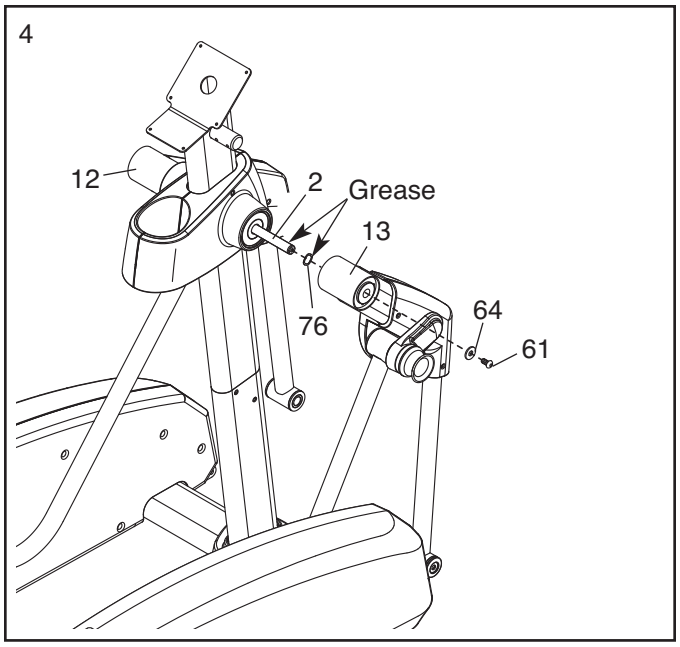
   Insert the Clip (85) into the underside of the Left and Right Upright Covers (20, 21).



4. Apply a generous amount of the included grease to the right axle on the Upright (2). Then, apply a small amount of grease to a 23mm x 19mm Wave Washer (76). Slide the Wave Washer onto the axle on the Upright.

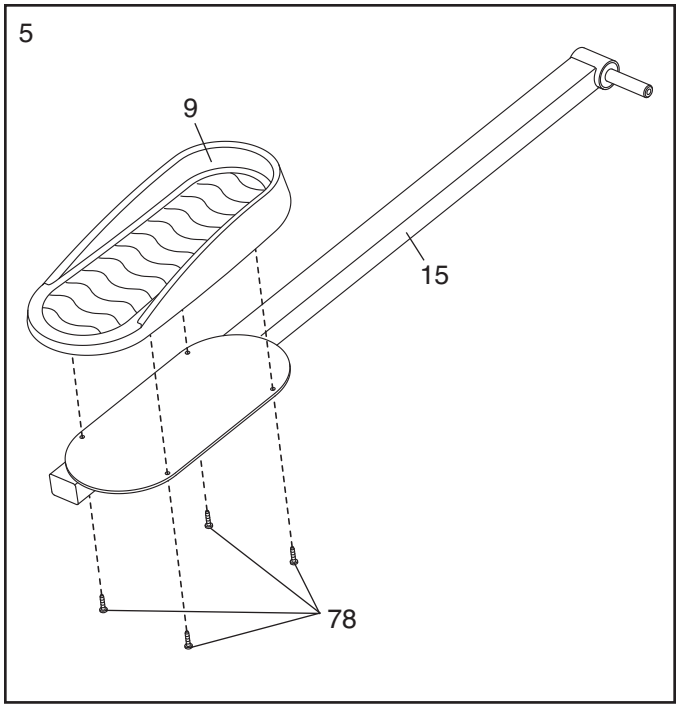
   Identify the Right Handlebar Leg (13), which is marked with an “R” sticker, and orient it as shown. Slide the Right Handlebar Leg onto the axle on the Upright (2). Attach the Right Handlebar Leg with an M10 x 19mm Patch Screw (61) and an M10 Washer (64).

   Attach the Left Handlebar Leg (12) in the same way.



5. Identify the Right Pedal Arm (15), which is marked with an “R” sticker. Attach a Pedal (9) to the Right Pedal Arm with four M6 x 13mm Patch Screws (78).

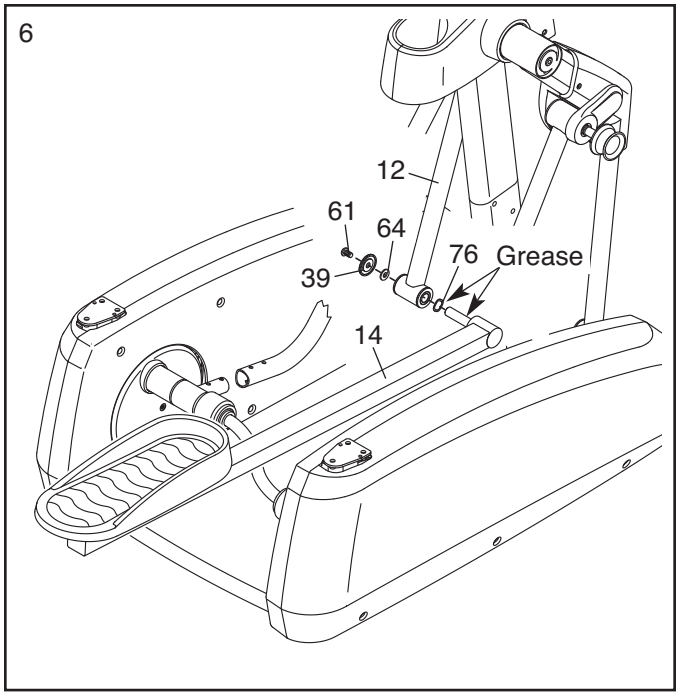
Attach the other Pedal to the Left Pedal Arm (not shown) in the same way.



6. Identify the Left Pedal Arm (14), which is marked with an “L” sticker, and orient it as shown. Apply a small amount of grease to the axle of the Left Pedal Arm and to a 23mm x 19mm Wave Washer (76).

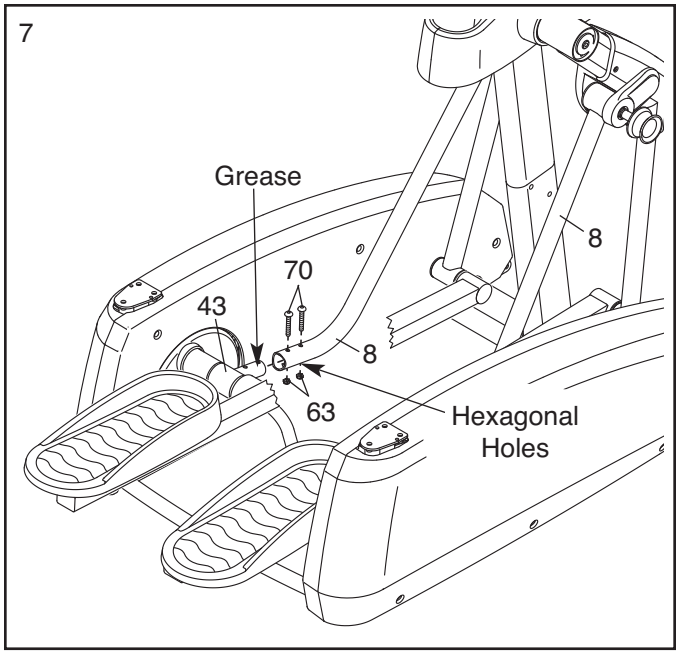
Slide the 23mm x 19mm Wave Washer (76) onto the Left Pedal Arm (14). Position the Left Handlebar Leg (12) as shown. Then, insert the Left Pedal Arm into the Left Handlebar Leg. Attach the Left Pedal Arm with an M10 x 19mm Patch Screw (61), a Pedal Axle Cover (39), and an M10 Washer (64). **Do not overtighten the Patch Screw; the Left Pedal Arm must pivot easily.**

Attach the Right Pedal Arm (not shown) in the same way.



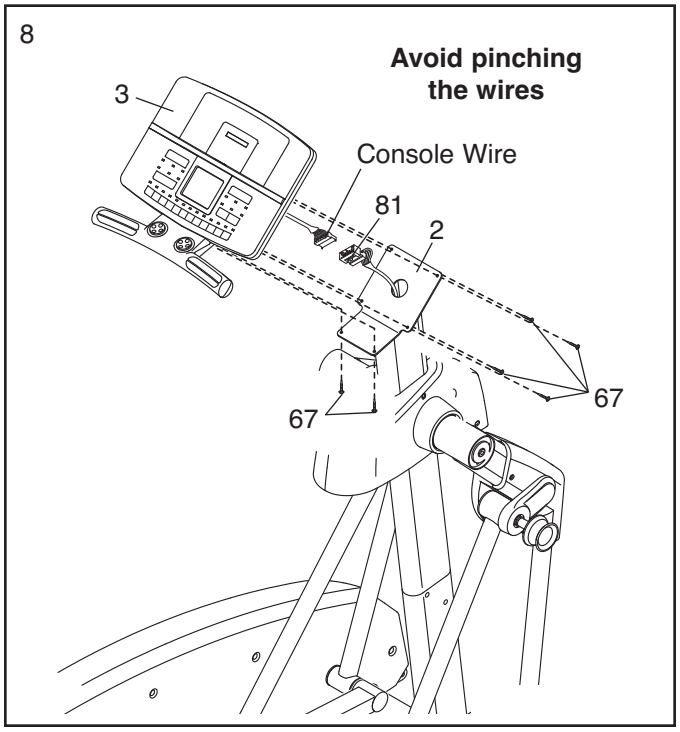
7. Apply a small amount of grease to the axle of the left Pedal Arm Bracket (43). Attach the left Pedal Leg (8) to the left Pedal Arm Bracket with two M8 x 45mm Button Bolts (70) and two M8 Locknuts (63). **Make sure that the Locknuts are in the hexagonal holes.**

   Attach the right Pedal Leg (8) in the same way.



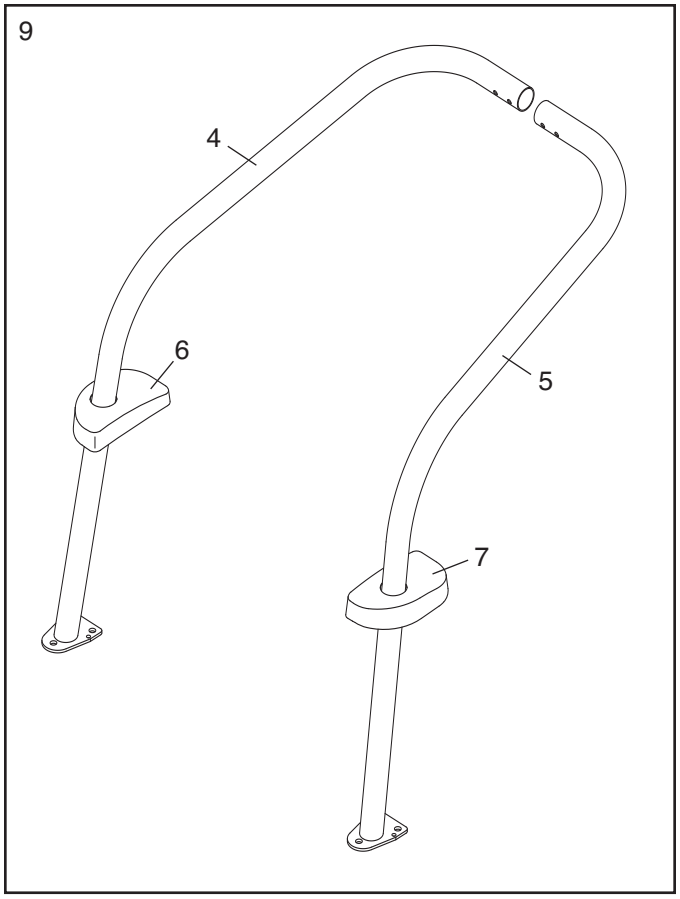
8. While a second person holds the Console (3) near the Upright (2), connect the console wire to the Upper Wire Harness (81).

   Tip: Avoid pinching the wires. Attach the Console (3) to the Upright (2) with six M4 x 16mm Screws (67).



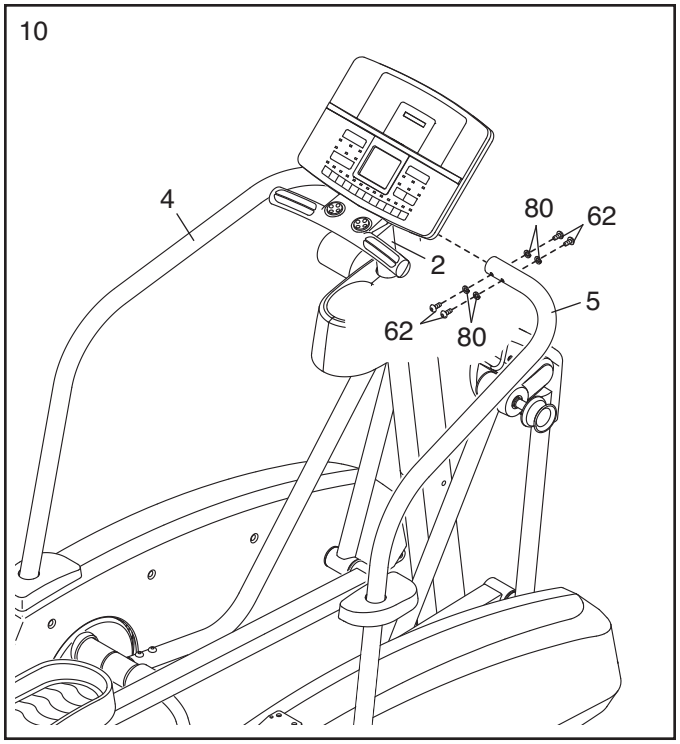
9. Identify the Left Handrail (4), which is marked with an “L” on the underside. Then, identify the Right Handrail (5), which is marked with an “R” on the underside. Orient the Left and Right Handrails as shown.

   Slide the Left Rail Cover (6) onto the Left Handrail (4). Then, slide the Right Rail Cover (7) onto the Right Handrail (5).



10. Attach the Right Handrail (5) to the Upright (2) with four M8 x 13mm Patch Screws (62) and four M8 Split Washers (80). **Tip: Do not tighten the Patch Screws yet.**

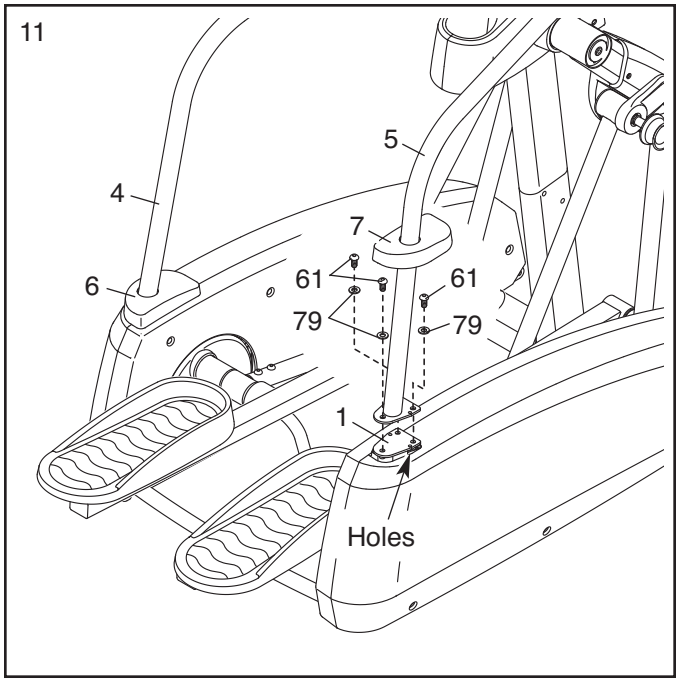
    Attach the Left Handrail (4) in the same way.



11. Attach the Right Handrail (5) to the Frame (1) with three M10 x 19mm Patch Screws (61) and three M10 Split Washers (79).

    Press the posts on the Right Rail Cover (7) into the holes in the Frame (1).

    Attach the Left Handrail (4) and the Left Rail Cover (6) in the same way.



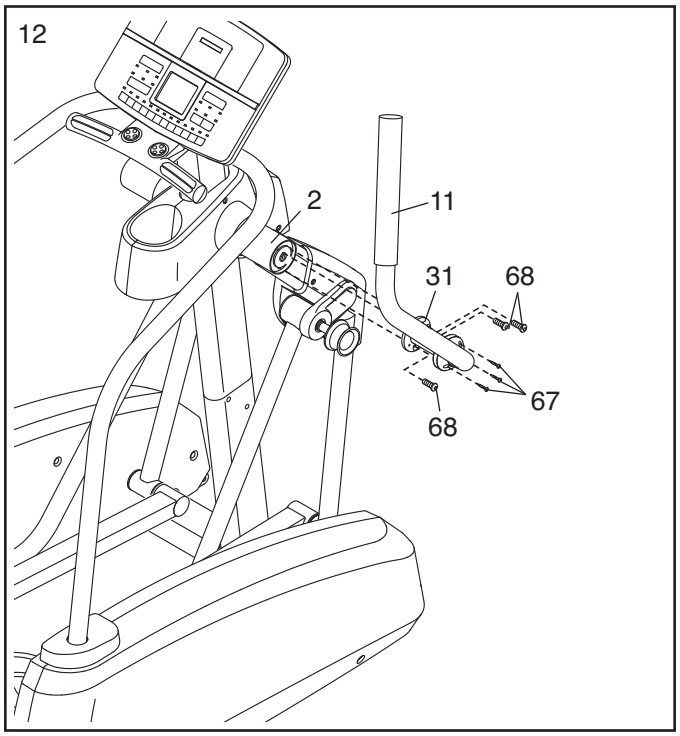
12. Identify the Right Handlebar (11), which is marked with an "R" sticker. Orient the Right Handlebar as shown.

    Attach the Right Handlebar (11) to the Upright (2) with three M8 x 25mm Flat Patch Screws (68). Then, attach the right Handlebar Cover (31) to the Right Handlebar with three M4 x 16mm Screws (67).

    Attach the Left Handlebar (not shown) in the same way.

    See step 2. Tighten the M10 x 19mm Patch Screws (61).

    See step 10. Tighten the M8 x 13mm Patch Screws (62).



13. **Make sure that all parts are properly tightened before you use the elliptical.** Note: After assembly is completed, some extra parts may be left over. Place a mat beneath the elliptical to protect the floor.

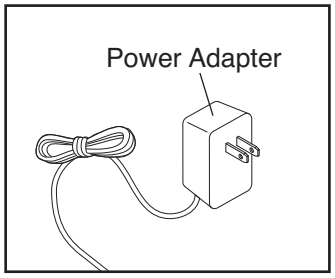
    Plug the power adapter into the jack on the frame of the elliptical (see HOW TO PLUG IN THE POWER SUPPLY on page 12). **IMPORTANT: If the elliptical has been exposed to cold temperatures, allow it to warm to room temperature before plugging in the power cord. If you do not do this, the console displays or other electronic components may become damaged.**

HOW TO USE THE ELLIPTICAL

HOW TO PLUG IN THE POWER ADAPTER

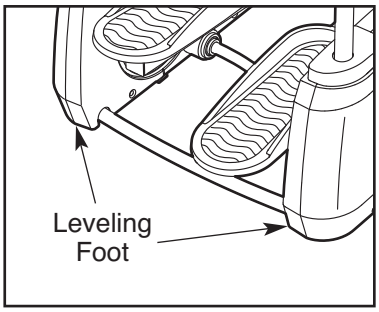
IMPORTANT: If the elliptical has been exposed to cold temperatures, allow it to warm to room temperature before plugging in the power adapter. If you do not do this, you may damage the console displays or other electronic components.

Plug the power adapter into the receptacle on the frame of the elliptical. Then, plug the power adapter into an appropriate outlet that is properly installed in accordance with all local codes and ordinances.



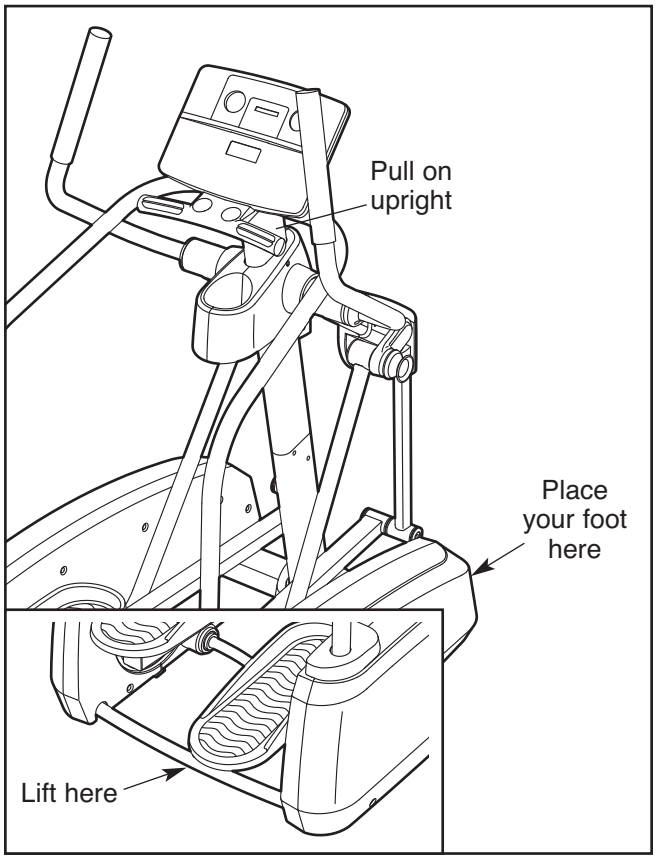
HOW TO LEVEL THE ELLIPTICAL

If the elliptical rocks slightly on your floor during use, turn one or both of the leveling feet beneath the front and rear of the frame until the rocking motion is eliminated.



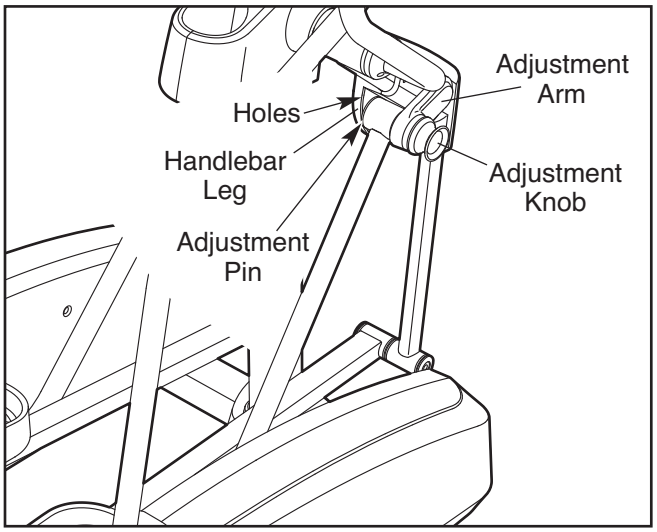
HOW TO MOVE THE ELLIPTICAL

Due to the size and weight of the elliptical, moving it requires two persons. Stand in front of the elliptical, hold the upright, and place one foot against one of the front wheels. Pull on the upright and have a second person lift the track until the elliptical will roll on the front wheels. Carefully move the elliptical to the desired location, and then lower it to the floor.



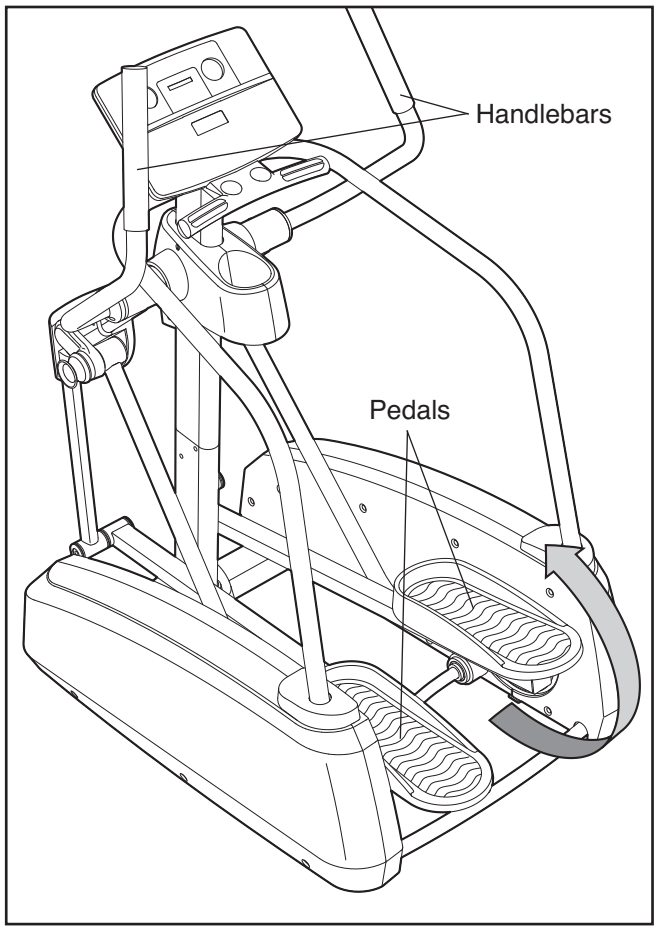
HOW TO ADJUST THE STRIDE OF THE ELLIPTICAL

To adjust the stride of the elliptical, turn the adjustment knob clockwise while pulling it outward until the adjustment arm pivots freely. Pivot the adjustment arm until the adjustment knob is aligned with one of the holes in the handlebar leg, and gently release the knob. Then, pivot the adjustment arm back and forth slightly to make sure that the adjustment pin is engaged in one of the holes in the handlebar leg. **Adjust the other side of the elliptical in the same way**.



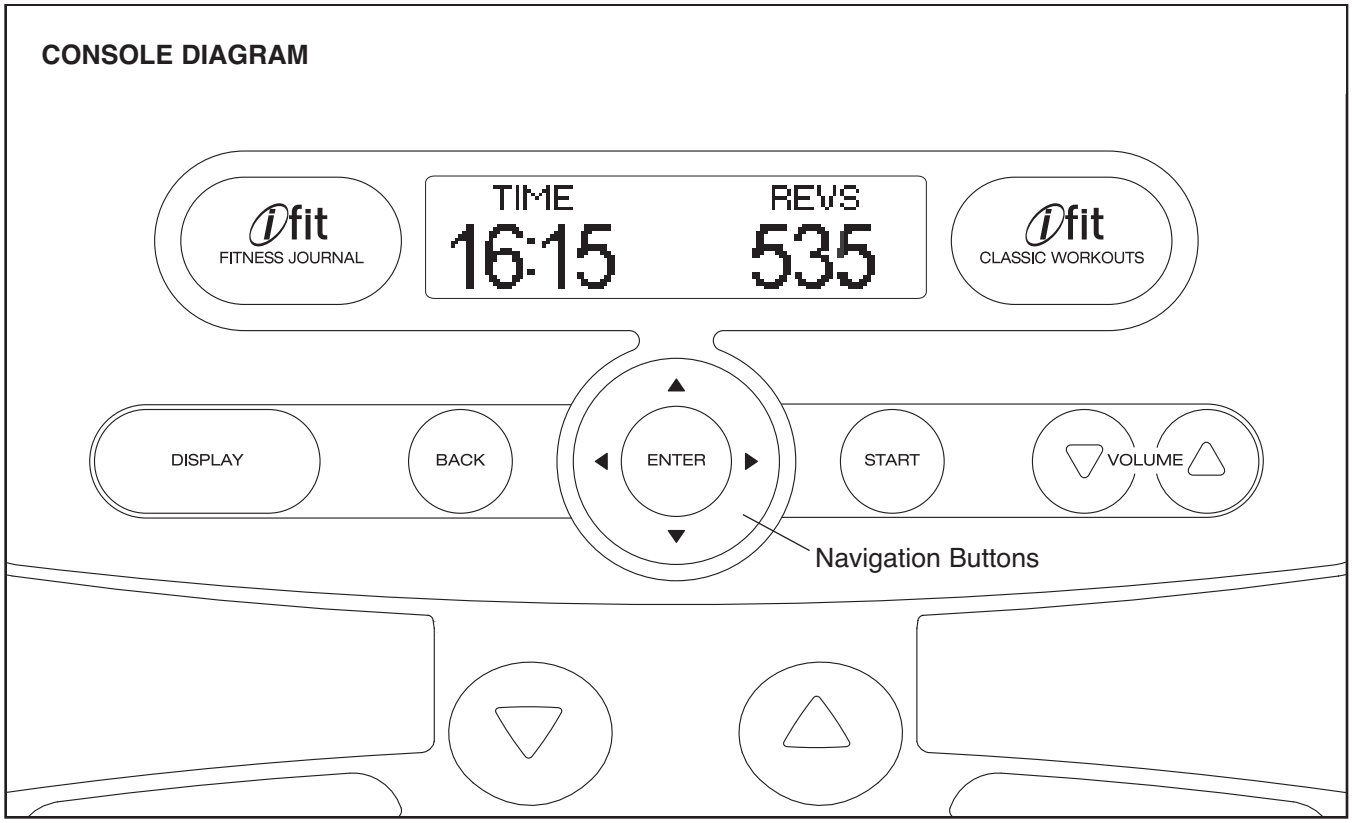
HOW TO EXERCISE ON THE ELLIPTICAL

To mount the elliptical, hold the handlebars and step onto the pedal that is in the lower position. Then, step onto the other pedal. Push the pedals until they begin to move with a continuous motion. **Note: The pedals can turn in either direction. It is recommended that you turn the pedals in the direction shown by the arrow; however, for variety, you can turn the pedals in the opposite direction.**



To dismount the elliptical, wait until the pedals come to a complete stop. **Note: The elliptical does not have a free wheel; the pedals will continue to move until the flywheel stops.** When the pedals are stationary, step off the higher pedal first. Then, step off the lower pedal.

CONSOLE DIAGRAM



FEATURES OF THE CONSOLE

The revolutionary console offers an array of features designed to make your workouts more effective and enjoyable.

When you use the manual mode of the console, you can change the resistance of the pedals with the touch of a button. While you exercise, the console will display continuous exercise feedback. You can also measure your heart rate using the handgrip pulse sensor.

In addition, the console offers twenty preset workouts. Each workout automatically changes the resistance of the pedals and prompts you to vary your pedaling pace as it guides you through an effective workout.

The console also features a fitness journal, which automatically records and stores your exercise information so that you can view your workout history and track your progress.

You can even listen to your favorite music or audio books with the console sound system while you exercise. This product has been designed specifically to work with iPod® and has been certified by the developer to meet Apple performance standards.

To personalize console settings, see page 15. **To identify yourself as User 1 or User 2,** see page 16. **To use the manual mode,** see page 17. **To use a preset workout,** see page 19. **To view the fitness journal,** see page 20. **To reset the fitness journal,** see page 21. **To use the sound system,** see page 21.

HOW TO PERSONALIZE CONSOLE SETTINGS

The console has a user mode that allows you to designate yourself as User 1 or User 2, enter user information before you begin exercising, and select console settings. The user information you enter will also be recorded and stored in the fitness journal, which allows you to view your workout history (see HOW TO VIEW THE FITNESS JOURNAL on page 20).

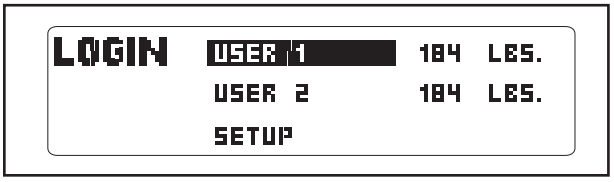
Follow the steps below to personalize console settings.

1. **Select the user mode.**

   To select the user mode, press the Enter button. The console can store information and keep track of workout history for two different users.

   When you select the user mode, the word LOGIN will appear in the display for a few seconds and then the user mode menu will appear.

   IMPORTANT: To highlight options within a menu, press the up, down, left, or right Navigation buttons. To select options within a menu, press the Enter button (see the drawing on page 14).

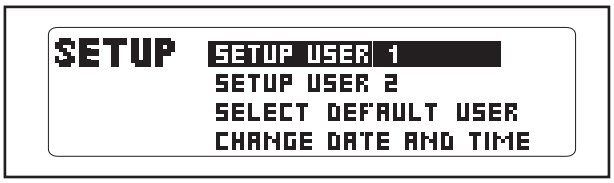


   Note: To exit the user mode at any time, press the Back button repeatedly until the manual mode is selected (see page 17). To re-enter the user mode from the manual mode, press the Enter button.

2. **Enter user information.**

   To enter your user information, first highlight the SETUP option and press the Enter button. The setup menu will then appear in the display.

   Next, highlight the SETUP USER 1 or SETUP USER 2 option and press the Enter button. The user information menu will then appear in the display.



   You can now enter your name and your weight. Highlight the desired option in the menu and press the Enter button. A flashing cursor will appear in a field in the display. To enter a number or letter above the cursor, press the up and down Navigation buttons. To move the cursor, press the left and right Navigation buttons. When you have finished entering the desired numbers or letters in the field, press the Enter button. Repeat this action to enter all the desired user information. Note: For more information about the RESET JOURNAL option, see page 21.

   To exit the user information menu and return to the manual mode, highlight SAVE AND EXIT and press the Enter button. To exit the user information menu and return to the setup menu, press the Back button.

3. **Select a default user setting.**

The console can record, store, and load information for two different users. The default user setting allows you to choose the user information that will be loaded and recorded when you turn on the console at the beginning of a workout session.

To select a default user setting, first highlight the SELECT DEFAULT USER option in the setup menu and press the Enter button. A list of default user options will then appear in the display.

To select a default user option, press the up and down Navigation buttons until an arrow appears next to the desired option. Then, press the Enter button. When you select an option, an "x" will appear in the box next to the selected option.

Note: You can also turn on or turn off the welcome screen from this menu. If the SHOW WELCOME SCREEN option is selected, then a welcome message with the name of the selected user will appear in the display each time you turn on the console.

To exit the default user menu, press the Back button. The setup menu will then appear in the display.

4. **Set the time and date.**

Setting the time and date will allow the console to record your workout history accurately in the fitness journal.

To set the time and date, first highlight the CHANGE DATE AND TIME option in the setup menu and press the Enter button. The time and date settings will then appear in the display.

To set the time, first press the left and right Navigation buttons to select the hour, minute, or time of day field. Then, press the up and down Navigation buttons to select the desired hour, minute, or time of day.

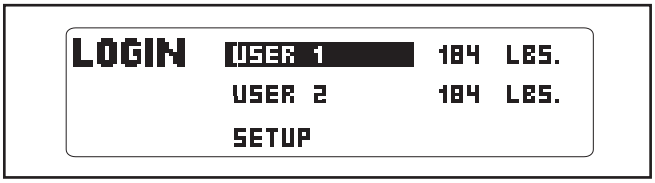
To set the date, first press the left and right Navigation buttons to highlight the month, day, or year field. Then, press the up and down Navigation buttons to select the desired month, day, or year.

When you have finished setting the date, press the Enter button. The setup menu will then appear.

HOW TO IDENTIFY YOURSELF AS USER 1 OR USER 2

The console can load information and keep track of the workout history for two different users. To identify yourself as User 1 or User 2 for a workout session, first press the Enter button to enter the user mode.

The word LOGIN will appear in the display for a few seconds and then the user mode menu will appear. Press the up and down Navigation buttons to highlight USER 1 or USER 2. Note: If you have personalized the console settings (see page 13), then the name you entered will appear instead of USER 1 or USER 2.



Then, press the Enter button to confirm your choice. The console will then exit the user mode.

HOW TO USE THE MANUAL MODE

Note: If there is a sheet of clear plastic on the face of the console, remove the plastic.

1. **Press Start or begin pedaling to turn on the console.**

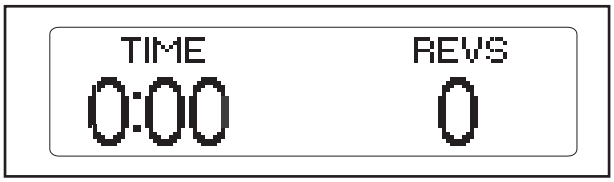
   A moment after you turn on the console, the display will light.

2. **Personalize console settings if desired.**

   See HOW TO PERSONALIZE CONSOLE SETTINGS on page 15.

3. **Select the manual mode.**

   Each time you turn on the console, the manual mode will be selected. If you have selected a workout, press the Classic Workouts button to return to the manual mode. When the manual mode is selected, zeros will appear in the display.



4. **Begin pedaling and change the resistance of the pedals as desired.**

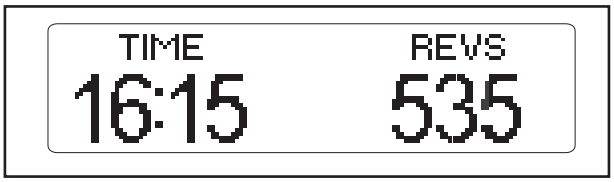
   As you pedal, change the resistance of the pedals by pressing the resistance increase and decrease buttons. Note: After you press the buttons, it will take a moment for the pedals to reach the selected resistance level.

5. **Follow your progress with the display.**

   As you exercise, the display can show the following workout information:

   - The elapsed time. Note: When you select a workout, the display will show the time remaining in the workout instead of the elapsed time.
   - The distance, in total revolutions, that you have pedaled.
   - The approximate number of calories you have burned.
   - The resistance level of the pedals.
   - Your pedaling pace in revolutions per minute (rpm).
   - Your heart rate. Note: Your heart rate will be displayed only while you use the handgrip pulse sensor (see step 6 on page 18).

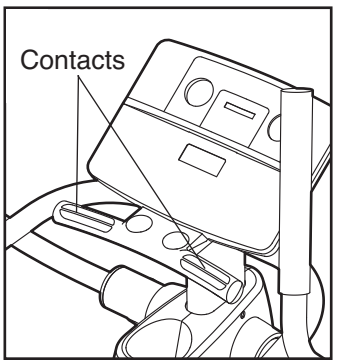
   The console offers three display options. The display option you select will determine which workout information is shown. Press the Display button repeatedly to select the desired display option.



   Note: Regardless of which display mode you select, the resistance level will appear in the display for a few seconds each time you change the setting. In addition, your heart rate will appear in the display each time you use the handgrip pulse sensor (see step 6 on page 18).

   To adjust the volume level of the console, press the Volume increase and decrease buttons.

6. **Measure your heart rate if desired.**



If there are sheets of plastic on the metal contacts on the handgrip pulse sensor, remove the plastic. To measure your heart rate, hold the handgrip pulse sensor with your palms resting against the metal contacts. **Avoid moving your hands or gripping the contacts too tightly.**

When your pulse is detected, one, two, or three dashes will appear in the display, and then your heart rate will appear. For the most accurate heart rate reading, hold the contacts for at least 15 seconds. Note: If you continue to hold the handgrip pulse sensor, the display will show your heart rate for up to 30 seconds.

If the display does not show your heart rate, make sure that your hands are positioned as described. Be careful not to move your hands excessively or to squeeze the metal contacts too tightly. For optimal performance, clean the metal contacts using a soft cloth; **never use alcohol, abrasives, or chemicals to clean the contacts.**

7. **When you are finished exercising, the console will turn off automatically.**

If the pedals do not move for several seconds, a tone will sound and the console will pause. If the pedals do not move for several minutes and the buttons are not pressed, the console will turn off and the display will be reset.

HOW TO USE A PRESET WORKOUT

1. **Press Start or begin pedaling to turn on the console.**

   A moment after you turn on the console, the display will light.

2. **Select a preset workout.**

   To select one of the twenty preset workouts, press the Classic Workouts button repeatedly until the name of the desired preset workout appears in the display.

   When you select a preset workout, the display will show the name of the workout, the workout time, the maximum pedaling pace, and the maximum resistance level. A profile of the resistance levels for the workout will also appear in the display.

3. **Press Start or begin pedaling to start the workout.**

   Each preset workout is divided into 20, 30, or 45 one-minute segments. One resistance level and one target rpm (pace) setting are programmed for each segment. Note: The same resistance and/or target rpm setting may be programmed for consecutive segments.

   During the workout, the workout profile will show your progress (see the drawing above). The flashing segment of the workout profile indicates the current segment of the workout. The height of the flashing segment indicates the resistance level for the current segment. At the end of each segment of the workout, a series of tones will sound and the next segment of the profile will begin to flash. If a different resistance level and/or target rpm is programmed for the next segment, the resistance level and/or target rpm will appear in the display for a few seconds to alert you. The resistance of the pedals will then change.

   As you exercise, you will be prompted to keep your pedaling pace near the target rpm setting for the current segment. When the words PEDAL FASTER appear in the display, increase your pace. When the words PEDAL SLOWER appear, decrease your pace. When no words appear, maintain your current pace.

   IMPORTANT: The target rpm settings are intended only to provide motivation. Your actual pace may be slower than the target rpm settings. Make sure to pedal at a pace that is comfortable for you.

   If the resistance level for the current segment is too high or too low, you can manually override the setting by pressing the resistance increase and decrease buttons. **IMPORTANT: When the current segment of the workout ends, the pedals will automatically adjust to the resistance level for the next segment.**

   The workout will continue in this way until the last segment of the profile flashes. To stop the workout at any time, stop pedaling. A tone will sound and the time will begin to flash in the display. To restart the workout, press the Start button or simply resume pedaling.

4. **Follow your progress with the display.**

   During the workout, the display will show the time remaining in the workout, the distance you have pedaled, the approximate number of calories you have burned, the resistance level, and your pedaling pace in revolutions per minute (rpm).

   To view the time remaining in the program and the distance pedaled, press the Display button. Press the Display button again to view the approximate number of calories burned and your pedaling pace.

   To view the first display again, press the Display button again.

5. **Measure your heart rate if desired.**

   See step 6 on page 18.

6. **When you are finished exercising, the console will turn off automatically.**

   See step 7 on page 19.

HOW TO VIEW THE FITNESS JOURNAL

1. **Press Start or begin pedaling to turn on the console.**

   A moment after you turn on the console, the display will light.

2. **Identify yourself as User 1 or User 2.**

   See page 16.

3. **Select the fitness journal.**

   To select the fitness journal, press the Fitness Journal button. The console will then load the stored journal information for the selected user.

   Note: As you view the fitness journal, press the Back button at any time to return to the previous menu or display.

   The fitness journal can display the following exercise information for the current year:

   Time—The total number of hours you have pedaled on the elliptical.

   Revolutions—The total distance, in revolutions, you have pedaled on the elliptical.

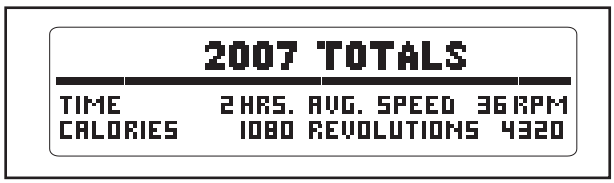
   Calories—The total approximate number of calories you have burned.

   Average Speed—Your average pedaling speed, in revolutions per minute (rpm).

   Weight—Your weight, as entered in your user information.

4. **View exercise information by year.**

   When you select the fitness journal, the year totals will appear in the display.



   To view exercise information for a different year, press the up and down Navigation buttons to change the year. Note: The fitness journal can store information for 11 different years.

5. **View exercise information by month.**

   After a few seconds, the view month menu will appear in the display.

   To view exercise information by month, press the up and down Navigation buttons to highlight the desired month in the right side of the display. Then, press the Enter button. The exercise information for the selected month will appear in the display.

6. **View exercise information by week.**

   After a few seconds, the view week menu will appear in the display.

   To view exercise information by week, press the up and down Navigation buttons to highlight the desired week in the right side of the display. Then, press the Enter button. The exercise information for the selected week will appear in the display.

7. **View exercise information by day.**

   After a few seconds, the view day menu will appear in the display.

   To view exercise information by day, press the left and right Navigation buttons until an arrow appears above the desired day in the right side of the display. Then, press the Enter button. The exercise information for the selected day will appear in the display.

8. **Continue to view the fitness journal as desired.**

   Repeat steps 3 through 6 to view exercise information for the desired year, month, week, or day.

9. **Exit the fitness journal.**

   Press the Fitness Journal button to exit the fitness journal at any time.

   Note: To delete the exercise information stored in the fitness journal, see HOW TO RESET THE FITNESS JOURNAL on page 21.

HOW TO RESET THE FITNESS JOURNAL

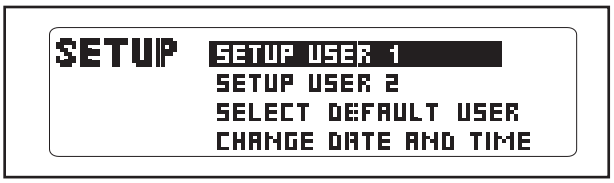
1. **Select the user mode.**

   See step 1 on page 15.

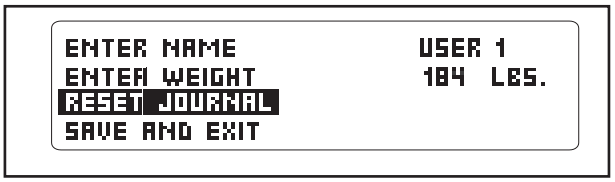
2. **Reset the fitness journal.**

   To delete exercise information stored in the fitness journal, first highlight the SETUP option and then press the Enter button. The setup menu will then appear in the display.

   Next, highlight the SETUP USER 1 or SETUP USER 2 option and press the Enter button. The user information menu will then appear in the display.



   Then, highlight the RESET JOURNAL option and press the Enter button. A confirmation request will appear in the display. To delete the information stored in the fitness journal, use the left and right Navigation buttons to highlight the RESET JOURNAL option and press the Enter button. To retain the information stored in the fitness journal, highlight the CANCEL option and press the Enter button.



   After you press the Enter button, the user information menu will again appear in the display.

3. **Exit the user mode.**

   Press the Back button repeatedly until you have exited the user information menus.

HOW TO USE THE SOUND SYSTEM

To play music or audio books through the console sound system while you exercise, you must connect your iPod®, CD player, or personal audio player through the audio jack or through the music port for iPod.

To use the audio jack, plug an audio cable (not included) into the jack on the console and into a jack on your iPod, MP3 player, or CD player. **Make sure that the audio cable is fully plugged in.**

This product has been designed specifically to work with iPod and has been certified by the developer to meet Apple performance standards.

To use the music port for iPod, you need an iFit universal iPod connector (not included). **To purchase an iFit universal iPod connector, call the telephone number on the front cover of this manual.** Plug one end of the iFit universal connector into the music port for iPod and plug the other end into your iPod. **Make sure that the iFit universal iPod connector is fully plugged in.**

Next, press the play button on your iPod, CD player, or personal audio player. Adjust the volume on your iPod, CD player, or personal audio player or press the Volume increase and decrease buttons on the console.

MAINTENANCE AND TROUBLESHOOTING

Inspect and tighten all parts of the elliptical regularly. Replace any worn parts immediately.

To clean the elliptical, use a damp cloth and a small amount of mild soap. **IMPORTANT: To avoid damage to the console, keep liquids away from the console and keep the console out of direct sunlight.**

CONSOLE TROUBLESHOOTING

If the console does not display your heart rate when you hold the handgrip pulse sensor, or if the displayed heart rate appears to be too high or too low, see step 6 on page 18.

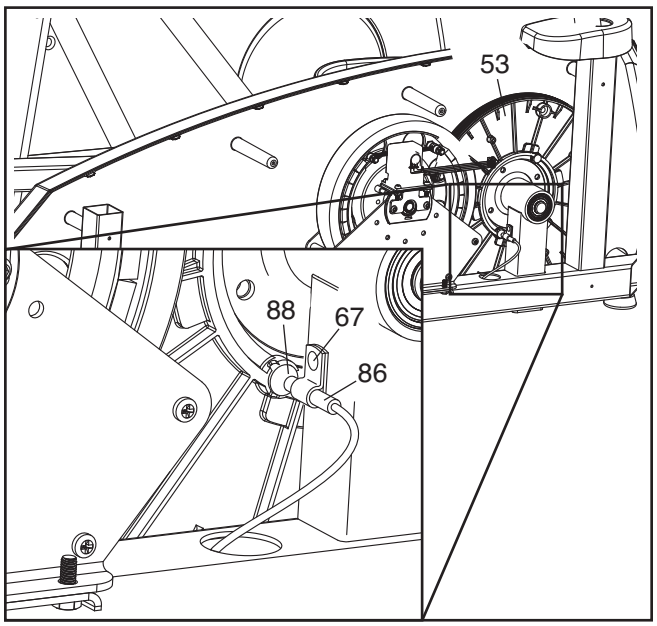
HOW TO LEVEL THE ELLIPTICAL

If the elliptical rocks slightly on your floor during use, see HOW TO LEVEL THE ELLIPTICAL on page 12.

HOW TO ADJUST THE REED SWITCH

If the console does not display correct feedback, the reed switch should be adjusted. First, remove all of the screws from the left outer and inner shields; **there are two sizes of screws in the left outer and inner shields—note which size of screw you remove from each hole.** Then, gently remove the left outer shield.

Next, locate the Reed Switch (86). Turn the Pulley (53) until a Magnet (88) is aligned with the Reed Switch. Loosen, but do not remove, the indicated M4 x 16mm Screw (67).



Slide the Reed Switch (86) slightly closer to or away from the Magnet (88), and then retighten the M4 x 16mm Screw (67). Rock the Pulley (53) forward and backward just enough that the Magnet passes the Reed Switch repeatedly. Repeat until the console displays correct feedback.

When the reed switch is correctly adjusted, reattach the left outer and inner shields. Note: If you have questions regarding which screw should be in which hole, see EXPLODED DRAWING A on page 25 and the PART LIST on page 24.

EXERCISE GUIDELINES

⚠ WARNING: Before beginning this or any exercise program, consult your physician. This is especially important for persons over age 35 or persons with pre-existing health problems.

The pulse sensor is not a medical device. Various factors may affect the accuracy of heart rate readings. The pulse sensor is intended only as an exercise aid in determining heart rate trends in general.

These guidelines will help you to plan your exercise program. For detailed exercise information, obtain a reputable book or consult your physician. Remember, proper nutrition and adequate rest are essential for successful results.

EXERCISE INTENSITY

Whether your goal is to burn fat or to strengthen your cardiovascular system, exercising at the proper intensity is the key to achieving results. You can use your heart rate as a guide to find the proper intensity level. The chart below shows recommended heart rates for fat burning and aerobic exercise.

165	*155*	*145*	*140*	*130*	*125*	*115*	♡
145	*138*	*130*	*125*	*118*	*110*	*103*	♡
125	*120*	*115*	*110*	*105*	*95*	*90*	♥
20	*30*	*40*	*50*	*60*	*70*	*80*	

To find the proper intensity level, find your age at the bottom of the chart (ages are rounded off to the nearest ten years). The three numbers listed above your age define your “training zone.” The lowest number is the heart rate for fat burning, the middle number is the heart rate for maximum fat burning, and the highest number is the heart rate for aerobic exercise.

Burning Fat—To burn fat effectively, you must exercise at a low intensity level for a sustained period of time. During the first few minutes of exercise, your body uses *carbohydrate calories* for energy. Only after the first few minutes of exercise does your body begin to use stored *fat calories* for energy. If your goal is to burn fat, adjust the intensity of your exercise until your heart rate is near the lowest number in your training zone. For maximum fat burning, exercise with your heart rate near the middle number in your training zone.

Aerobic Exercise—If your goal is to strengthen your cardiovascular system, you must perform aerobic exercise, which is activity that requires large amounts of oxygen for prolonged periods of time. For aerobic exercise, adjust the intensity of your exercise until your heart rate is near the highest number in your training zone.

WORKOUT GUIDELINES

Warming Up—Start with 5 to 10 minutes of stretching and light exercise. A warm-up increases your body temperature, heart rate, and circulation in preparation for exercise.

Training Zone Exercise—Exercise for 20 to 30 minutes with your heart rate in your training zone. (During the first few weeks of your exercise program, do not keep your heart rate in your training zone for longer than 20 minutes.) Breathe regularly and deeply as you exercise–never hold your breath.

Cooling Down—Finish with 5 to 10 minutes of stretching. Stretching increases the flexibility of your muscles and helps to prevent post-exercise problems.

EXERCISE FREQUENCY

To maintain or improve your condition, complete three workouts each week, with at least one day of rest between workouts. After a few months of regular exercise, you may complete up to five workouts each week, if desired. Remember, the key to success is to make exercise a regular and enjoyable part of your everyday life.

PART LIST—Model No. PFCW50707.0

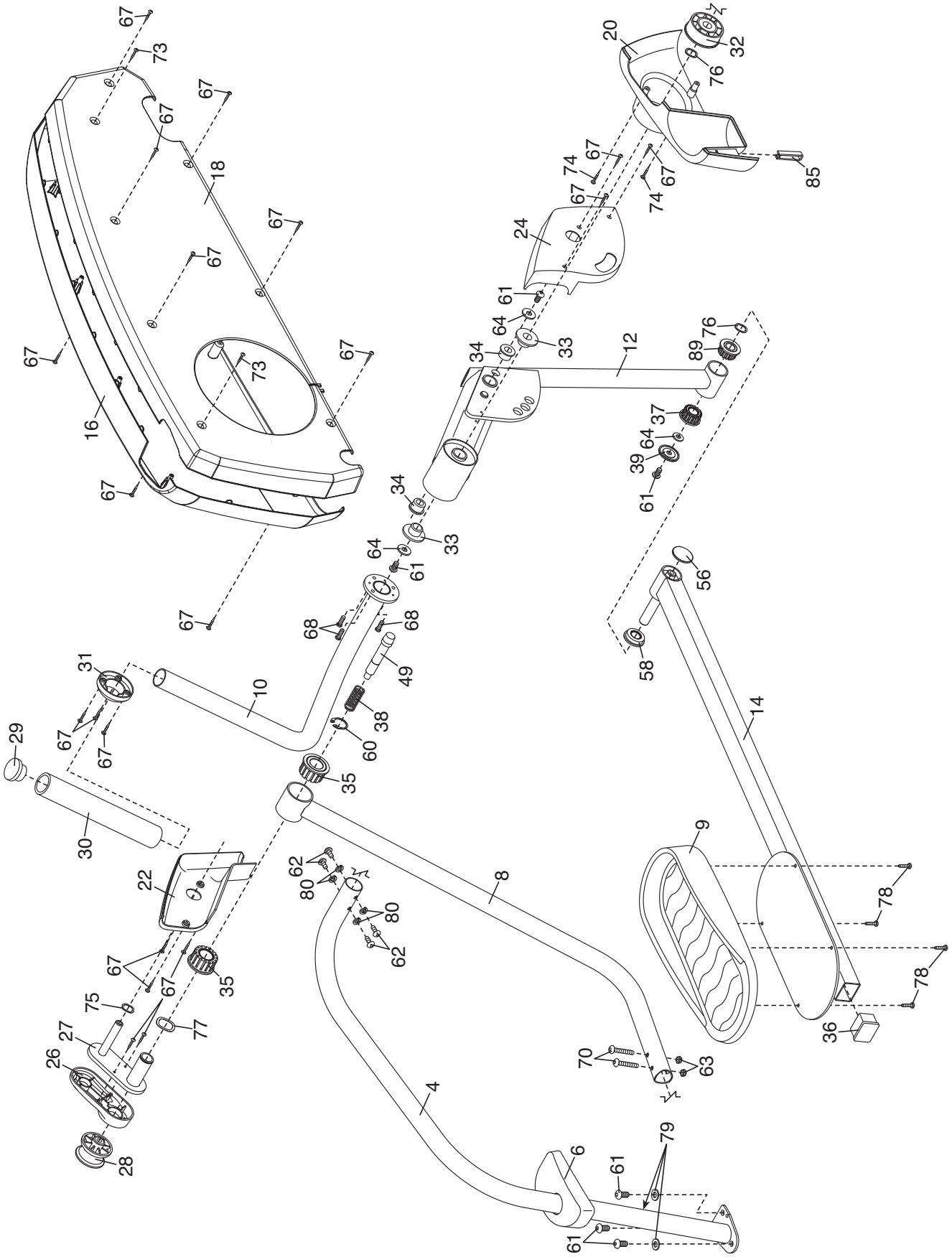
R0510A

Key No.	Qty.	Description
1	1	Frame
2	1	Upright
3	1	Console
4	1	Left Handrail
5	1	Right Handrail
6	1	Left Rail Cover
7	1	Right Rail Cover
8	2	Pedal Leg
9	2	Pedal
10	1	Left Handlebar
11	1	Right Handlebar
12	1	Left Handlebar Leg
13	1	Right Handlebar Leg
14	1	Left Pedal Arm
15	1	Right Pedal Arm
16	1	Left Outer Shield
17	1	Right Outer Shield
18	1	Left Inner Shield
19	1	Right Inner Shield
20	1	Left Upright Cover
21	1	Right Upright Cover
22	1	Left Outer Leg Cover
23	1	Right Outer Leg Cover
24	1	Left Inner Leg Cover
25	1	Right Inner Leg Cover
26	2	Adjustment Arm Cover
27	2	Adjustment Arm
28	2	Adjustment Knob
29	2	Handlebar Cap
30	2	Foam Grip
31	2	Handlebar Cover
32	2	Upright Bushing
33	4	Pivot Bushing
34	4	Small Adjustment Bushing
35	4	Large Adjustment Bushing
36	2	Pedal Arm Cap
37	2	Inner Pedal Bushing
38	2	Adjustment Spring
39	2	Pedal Axle Cover
40	1	Crank
41	1	Left Crank Bracket
42	1	Right Crank Bracket
43	2	Pedal Arm Bracket
44	8	Crank Bearing
45	6	Thrust Washer
46	2	Pedal Arm Roller
47	2	Crank Spacer
48	2	Crank Cover
49	2	Adjustment Pin
50	4	Crank Bracket Bearing
51	2	Wheel
52	4	Foot
53	1	Pulley
54	1	Frame Cover
55	1	Eddy Mechanism
56	2	Pedal Axle Cap
57	1	Drive Belt
58	2	Pedal Axle Bushing
59	4	Crank Bracket Snap Ring
60	2	Adjustment Bracket Snap Ring
61	16	M10 x 19mm Patch Screw
62	12	M8 x 13mm Patch Screw
63	4	M8 Locknut
64	6	M10 Washer
65	2	M10 x 49 Hex Bolt
66	4	M10 Locknut
67	48	M4 x 16mm Screw
68	6	M8 x 25mm Flat Patch Screw
69	2	M10 x 73mm Button Bolt
70	4	M8 x 45mm Button Bolt
71	2	M8 x 19mm Button Screw
72	4	M6 Locknut
73	4	M4 x 64mm Screw
74	4	M4 x 30mm Screw
75	2	22mm x 16mm Wave Washer
76	4	23mm x 19mm Wave Washer
77	2	39mm x 30mm Wave Washer
78	8	M6 x 13mm Patch Screw
79	10	M10 Split Washer
80	8	M8 Split Washer
81	1	Upper Wire Harness
82	1	Lower Wire Harness
83	1	Power Jack Wire
84	1	Power Supply
85	1	Clip
86	1	Reed Switch/Wire
87	1	Clamp
88	2	Magnet
89	2	Outer Pedal Bushing
*	–	1" Grommet
*	–	Assembly Tool
*	–	Grease Packet
*	–	User's Manual

Note: Specifications are subject to change without notice. For information about ordering replacement parts, See the back cover of this manual. *These parts are not illustrated.

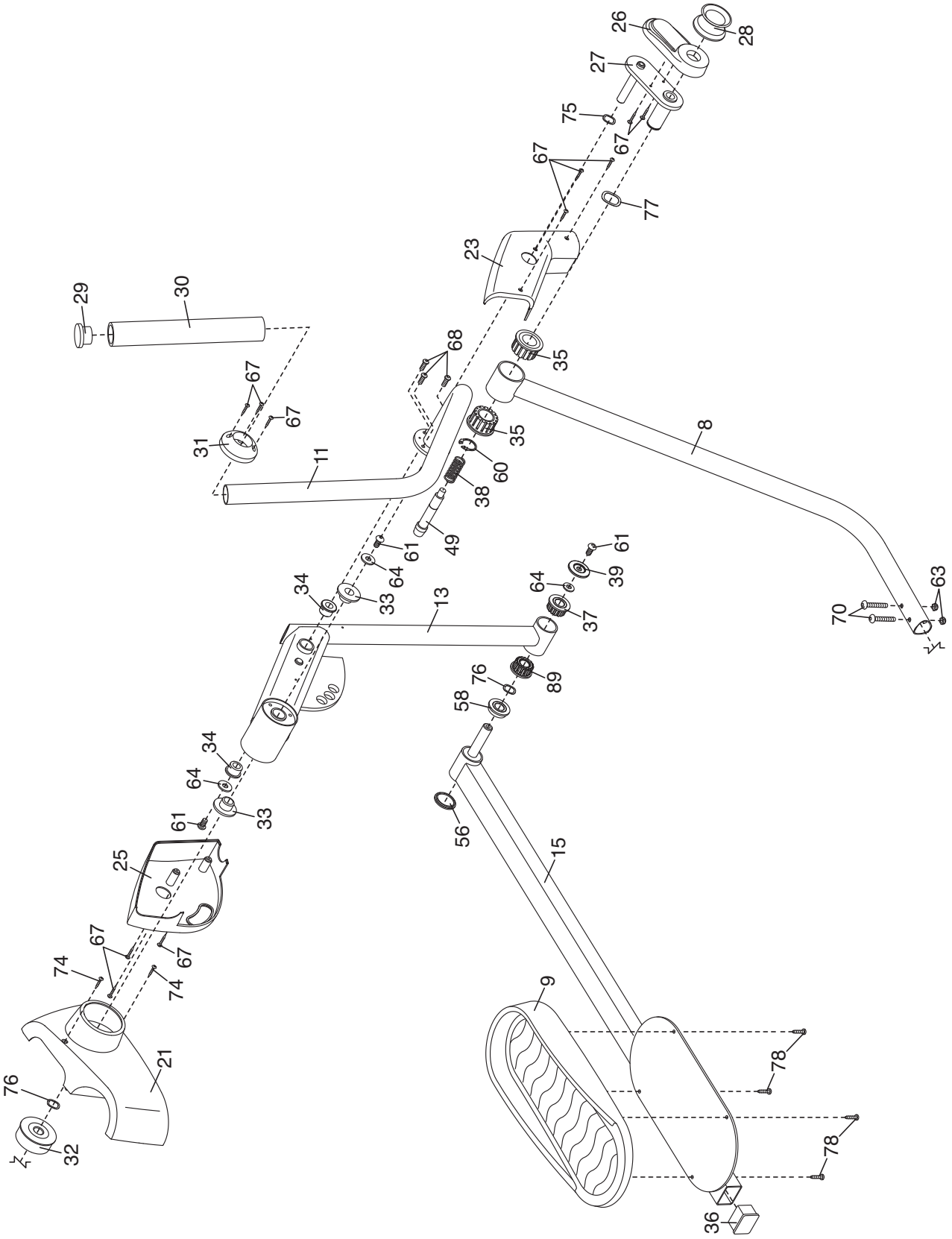
EXPLODED DRAWING A—Model No. PFCW50707.0

R0510A



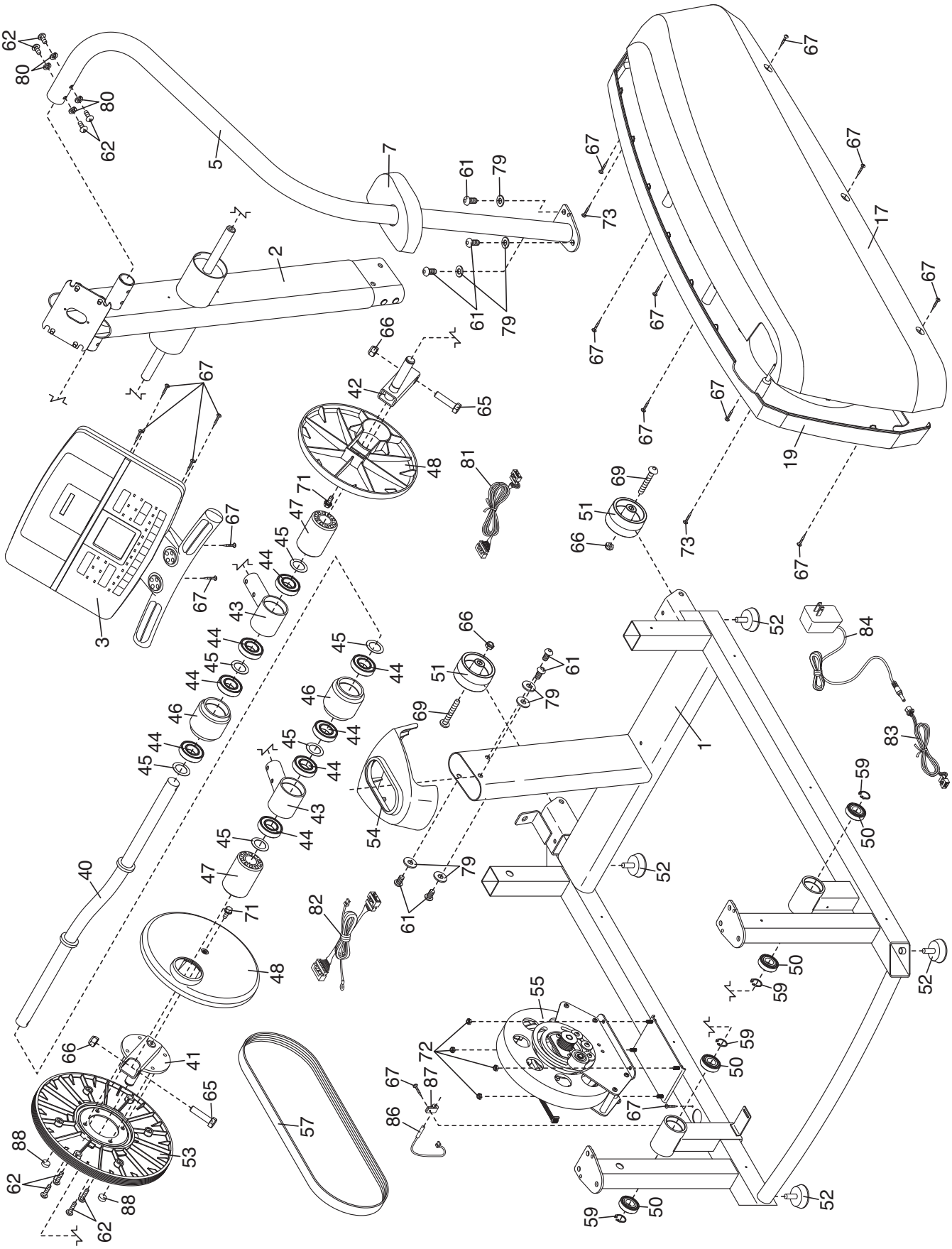
EXPLODED DRAWING B—Model No. PFCW50707.0

R0510A



EXPLODED DRAWING C—Model No. PFCW50707.0

R0510A



ORDERING REPLACEMENT PARTS

To order replacement parts, please see the front cover of this manual. To help us assist you, be prepared to provide the following information when contacting us:

- the model number and serial number of the product (see the front cover of this manual)
- the name of the product (see the front cover of this manual)
- the key number and description of the replacement part(s) (see the PART LIST and the EXPLODED DRAWING near the end of this manual)

LIMITED WARRANTY

IMPORTANT: You must register this product within 30 days of the purchase date to avoid added fees for service needed under warranty. Go to www.proformservice.com/registration.

ICON Health & Fitness, Inc. (ICON) warrants this product to be free from defects in workmanship and material, under normal use and service conditions. The frame is warranted for a lifetime. The resistance mechanism is warranted for ten (10) years from the date of purchase. Parts and labor are warranted for one (1) year from the date of purchase.

This warranty extends only to the original purchaser. ICON's obligation under this warranty is limited to repairing or replacing, at ICON's option, the product through one of its authorized service centers. All repairs for which warranty claims are made must be preauthorized by ICON. If the product is shipped to a service center, freight charges to and from the service center will be the customer's responsibility. For replacement parts shipped while the product is under warranty, the customer will be responsible for a minimal handling charge. For in-home service, the customer will be responsible for a minimal trip charge. This warranty does not extend to any damage to a product caused by or attributable to freight damage, abuse, misuse, improper or abnormal usage, or repairs not provided by an ICON authorized service center; to products used for commercial or rental purposes or as store display models; or to products transported or purchased outside the US. No other warranty beyond that specifically set forth above is authorized by ICON.

ICON is not responsible or liable for indirect, special, or consequential damages arising out of or in connection with the use or performance of the product; damages with respect to any economic loss, loss of property, loss of revenues or profits, loss of enjoyment or use, or costs of removal or installation; or other consequential damages of whatsoever nature. Some states do not allow the exclusion or limitation of incidental or consequential damages. Accordingly, the above limitation may not apply to you.

The warranty extended hereunder is in lieu of any and all other warranties, and any implied warranties of merchantability or fitness for a particular purpose are limited in their scope and duration to the terms set forth herein. Some states do not allow limitations on how long an implied warranty lasts. Accordingly, the above limitation may not apply to you.

This warranty gives you specific legal rights. You may also have other rights that vary from state to state.

ICON Health & Fitness, Inc., 1500 S. 1000 W., Logan, UT 84321-9813

Part No. 260044 R0510A

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